

***Greetings Shipmates!***

*What a week! The D.C., Maryland, and Virginia area survived the record breaking, two punch Blizzard of 2010. Roads are clearing and after a four day shut down, I can see smiles on faces because I think most had cabin fever and were ready to get out of the house. Lessons learned from this experience and things to remember should this come again; buy a snow shovel in July, pick up a Farmers Almanac to see if you need to purchase a snow blower, have a plan A, B and C for the family when the power goes out and trees start falling!*

*Some positive aspects of this winter storm was that the snow allowed us to continue our PT routines; did lots of bends, twists and throwing. There was no doubt of what muscle groups required work prior to the Spring PFA. Did I say spring? Can't wait! Even though the snow is over, for now anyway, continue working out so that you are prepared and ready for the Spring PFA.*

*The 2010 Almanac and current issue of TNR are posted on the Navy Reserve Homeport site and the paperback issue will be in your mailbox soon! The CNRF staff works extremely hard to put this together so you have information readily available. The 2010 Almanac is an excellent reference for career management, pay and benefits, and much more! I encourage you to take the time to read both the 2010 Almanac and TNR cover to cover and keep it close by. To see each issue electronically, visit:  
<http://www.navyreserve.navy.mil/Pages/default.aspx>*

**Latest Updates**

**CNO Records Podcast on Total Force Survey:** Please take a moment and listen to this Podcast and learn how you can make a difference as we move forward.

<https://navcms.news.navy.mil/navydata/cnoPlay.asp?id=3757> <BR < a >>  
<[https://navcms.news.navy.mil/navydata/cnoPlay.asp?id=3757%3cbr#\\_blank](https://navcms.news.navy.mil/navydata/cnoPlay.asp?id=3757%3cbr#_blank)>

**Navy Reserve On-Demand Expertise Podcast:** Please take two minutes and listen to RADM Messerschmidt's recent Podcast on the Navy Reserves use of on-demand expertise to deliver full time excellence. Copy and paste the link below into your web browser to listen:  
<http://www.navyreserve.navy.mil/Lists/AdmiralPODcast/Attachments/5/On-Demand%20Expertise%2010FEB10.mp3>

**Command IA Coordinator (CIAC) Program knowledge for Senior Enlisted**

**Leadership:** Attached to the weekly, I've included a CIAC gouge sheet which was prepared by Mr. Jim Warren, CNRFC Family Support Program Manager. Please continue embrace the importance of this program within their command not only for accountability of our IA's but the continuity of contacting our families as well. This program is briefed weekly at the CNRFC DCOS meeting to the Admiral, so make sure that you actively monitoring this program. If you have any questions, please contact Mr. Warren at [james.d.warren@navy.mil](mailto:james.d.warren@navy.mil), (757)322-6568.

**Expeditionary Screening Checklist:** The Expeditionary Screening Checklist (NAVPERS 1300/22) has been updated, effective December 2009. Please make sure your Command IA Coordinators are aware of this revision and that they are currently using it with your perspective IA Sailors. You can find the form on Navy Personnel Commands website at <http://www.npc.navy.mil/ReferenceLibrary/Forms/NAVPERS/>

**New Reserve Career Resources Webpage:** CNRFC N15 has completed a major overhaul of their webpage to benefit all users. The intent of this web page is to have a place for Unit/Command Career Counselors in the RC to go to get information/references and share best practices. With that said, they are asking for your help; they have created a best practices section in which you can add your best and brightest ideas to help Unit and Command Career Counselors in the Reserves. Many of you are doing some great things so please share them with us so we can share them with the rest of your shipmates. Also in the best practices section there is a copy of the Reserve Career Counselor Handbook as a supplement to the NAVPERS 15878K the CC Handbook. It was designed to assist Unit career counselors who have not attended the 2 week course. It covers a number of topics, including CI Course information, GI Bill, Reserve Bonuses, career progression websites and much more. On a final note the Career Management List on Listserv only has 239 members. I know we have 128 NOSC and approximately 3,000 Units out there. So I challenge all of you to spread the word to your shipmates who are Unit CC's and CCC's to get onboard and get an account. If you are an ISIC I challenge you to ensure all of your counselors have a listserv account. You will need your CAC to logon the private side of the Navy Reserve website to review the new page. Once on the private side, go to the Commands tab at the top of the page, scroll over CNRFC, N Codes, and then click on N1 Manpower and personnel. Once you've reached the N1 home page, scroll to the bottom and click on N15, Force Retention and Career Resources.

**Navy Retention Monitoring System-Reserve (NRMS-R):** NRMS-R requirements document has been signed by OCNR, CNRFC and BUPERS 3. NRMS-R will give the RC visibility into many programs including but not limited to SELRES Retention statistics, Reserve Incentives(Bonus) Program, Strength Planning, Community Management and SELRES distribution in an environment capable of slicing and dicing data from RHS, IMAPMIS and NSIPS all from within NRMS-R. This system will drastically improve the RC's capabilities with regards to monitoring programs that impact retention and readiness in our force like never before. NRMS-R is scheduled for phase I completion before the end of FY 2011.

**Command Sponsor Program:** The only place in the Navy that a sponsor can be assigned is Career Information Management System (CIMS). CIMS displays Sailors Electronic Service Record (ESR) POC information to their prospective commands sponsor coordinator for use by their sponsor. Ensure your personnel have access to their ESR so they can keep their recall information up-to-date; if they don't have their contact information in their ESR their new command may take longer than necessary to contact them. If your sponsor coordinators do not assign their sponsors via CIMS or do not have access to CIMS they are not in compliance with OPNAVINST 1740.3C. I also encourage all CMC's/SEL's who don't have a CIMS account already to get one as soon as possible.

**Retention Excellence Award:** USFF is overhauling the Retention Excellence Award, beginning with the CY 2010 award. REA winners will be required to meet the basic eligibility requirements based on Zone A-C reenlistment rate goals and attrition rate ceilings set by USFF as always, however winners will also be required to meet career development program compliance requirements set by TYCOMS (CNRFC) for the RC. The new program requirements will include CDB completion, PTS application and PACT designation timeliness (AC/FTS) to start. Once all phases of NRMS-R are online the RC (SELRES) CDP requirements will include 3 of 6 elements of Brilliant on the Basics: CDB completion, RASW/Indoctrination Completion and Sponsor Assignment. Now is the time to fine tune your programs so you get the recognition you deserve for all of your hard work in the coming years

**High Year Tenure (HYT):** HYT requests are steadily increasing. Please ensure HYT requests are within the guidelines of MILPERSMAN Article 1160-120 (High Year Tenure). Prior to submission of an HYT request, contact the appropriate Detailer and the Enlisted Community Manager at Naval Personnel Command.

**New Link to MCPON's Retirement Letter Request:** Sailors have been experiencing issues when requesting retirement letters signed by the MCPON. The new link is <http://www.npc.navy.mil/CareerInfo/StayNavyTools/CounselorsCorner/Recognition/>.

**DD-214 ONLINE:** The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214s: <http://vetrecs.archives.gov//>. This may be particularly helpful when a veteran needs a copy of their DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.

**COMNAVRESFOR Shore and Selected Reserve (RSOY) 2009 Sailor of the Year**

CNRF Shore packages are due to CNRFC Norfolk by 15 February 2010 and RSOY packages are due by 15 March 2010. Review CNRFINST 1700.1L for guidance on package format, <https://www.navyreserve.navy.mil/Pages/default.aspx>

**Military Discount at Lowe's:** Home improvement retailer Lowe's has expanded its 10 percent military discount to all day, everyday, for active-duty, National Guard and reserve, retiree and disabled service members, and their families, company officials announced Wednesday. Those who want to receive the discount must present a valid military ID card. All other military veterans will receive the 10 percent discount on the holiday weekends of Memorial Day, Fourth of July and Veterans Day.

*"Not a day goes by that I don't talk to our Chiefs about the importance of "Brilliant on the Basics." Those are six very traditional areas I expect us all to focus on, but especially the CPO mess."*

*- MCPON Rick West*

**30 DAY OUTLOOK**

- \* Reserve Component Senior Enlisted Advisors Council Breakfast / Meeting (18-19 Feb)
- \* Guest Speaker, MCPOA, Pleasanton, CA, Visit NOSC and VA Center (25-27 Feb)
- \* Navy Reserve 95<sup>th</sup> Anniversary Reenlistment/Recognition Event (5 Mar)
- \* National Navy Reserve Policy Board, Norfolk (7-10 Mar)
- \* Guest Speaker, Reserve Component Brief, Millington, TN (27 Mar)
- \* CNRF Change of Command, Norfolk, VA (30 Mar)

**60 DAY OUTLOOK**

- \* RSOY Paper Board, Norfolk, VA (4-7 Apr)